

NOV 03 2006

p 8525

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Fresh Fruits + Veggies,
soy milk.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 08 2016

P 8526

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

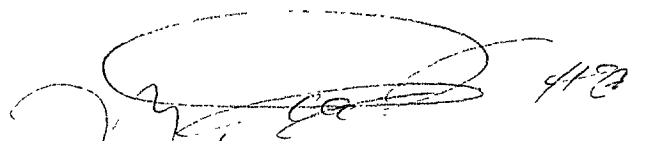
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more choices

What I like least about the proposed
changes is None

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p 8527

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is less juice, soy milk.

What I like least about the proposed
changes is it would be good
to take away all the juice.

Thank you for reading my comments.

Sincerely,



WIC Participant

1/27/06 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

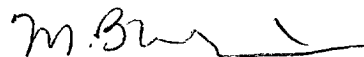
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is APPLES, BANANAS, PEARS
AVOCADO.

What I like least about the proposed
changes is LOW MILK.

Thank you for reading my comments.

Sincerely,



WIC Participant

10/18/06

p 8321

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits & veggies.

What I like least about the proposed
changes is water.

Thank you for reading my comments.

Sincerely,

Melisha Jones 10/18/06
WIC Participant

NOV 03 2006

p 8530

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Will give more options
for the kids, also they will try other kind of
foods

What I like least about the proposed
changes is none
_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p 8531

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Whole grain breads / ~~Food~~
Fruits / veggies.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,



WIC Participant

p 8532

NOV 1 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is _____
_____.

What I like least about the proposed
changes is I think you should leave
eggs and milk the same _____.

Thank you for reading my comments.

Sincerely,

Betty A.
WIC Participant

10-6-06
Date

p 8532

NOV 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is _____.

What I like least about the proposed
changes is I think you should leave
eggs and milk the same.

Thank you for reading my comments.

Sincerely,

Betty J.
WIC Participant

10-6-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is a variety of foods so you
can actually make meals from all the
combined foods.

What I like least about the proposed
changes is not enough juice.

Thank you for reading my comments.

Sincerely,

Kaila Isaacson
WIC Participant

Oct 26th
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is a variety of foods so you
can actually make meals from all the
combined foods.

What I like least about the proposed
changes is not enough juice.

Thank you for reading my comments.

Sincerely,

Kaila Isaacson
WIC Participant

Oct 26th
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

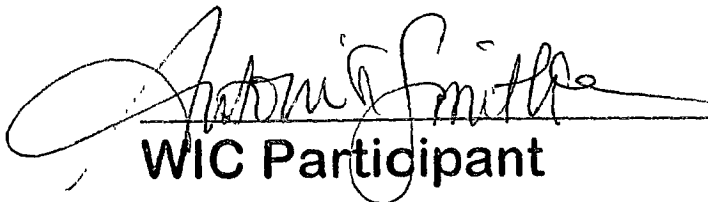
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is varies veggie, fruit more
varieties on things.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-19-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

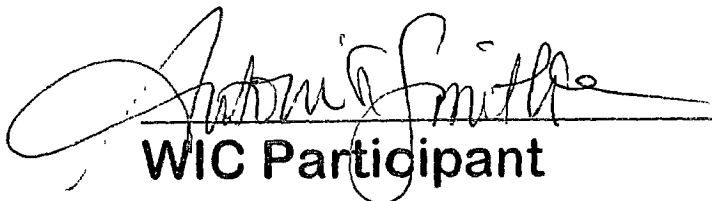
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is varies veggie, fruit more
varieties on things.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-19-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is have fresh fruits instead of juice
and the choice of whole grains like bread or
tortillas.

What I like least about the proposed
changes is cutting down on the calcium
(cheese/milk).

Thank you for reading my comments.

Sincerely,

Maria Lorena Ruiz
WIC Participant

5/27/06
Date

p 8535

BOV

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Have fresh fruits instead of juice
and the choice of whole grains like bread or
tortillas.

What I like least about the proposed
changes is cutting down on the calcium
(cheese/milk).

Thank you for reading my comments.

Sincerely,

Maria Lorena Ruiz
WIC Participant

5/27/06
Date

p 8536

NOV

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is THE FRUIT, MY SON LOVES
FRUIT BUT IT CAN BE EXPENSIVE.

What I like least about the proposed
changes is LESS MILK AND CHEESE.

Thank you for reading my comments.

Sincerely,

Todd Boston TODD BOSTON
WIC Participant

10-31-06
Date

p 8536

NOV

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is THE FRUIT, MY SON LOVES
FRUIT BUT IT CAN BE EXPENSIVE.

What I like least about the proposed
changes is LESS MILK AND CHEESE.

Thank you for reading my comments.

Sincerely,

TAMM BOSTON TOND BOSTON
WIC Participant

10-31-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the fruits and veggies and
the bread and tortillas.
Wonderful ideas!

What I like least about the proposed
changes is taking away a gallon
and 1/2 of milk.

Thank you for reading my comments.

Sincerely,

Corinne Cadey
WIC Participant

11-1-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the fruits and veggies and
the bread and tortillas.
Wonderful ideas!

What I like least about the proposed
changes is taking away a gallon
and 1/2 of milk.

Thank you for reading my comments.

Sincerely,

Corinne Cadiz
WIC Participant

11-1-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more fresh fruit & veggies.

What I like least about the proposed
changes is less milk, less cheese's
too many carbs - grain foods.

Thank you for reading my comments.

Sincerely,

Shannell Sheldon - Hall
WIC Participant

10/23/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more fresh fruit & veggies.

What I like least about the proposed
changes is less milk, less cheese's
too many carbs - grain foods.

Thank you for reading my comments.

Sincerely,

Shannell Sheldon - Hall
WIC Participant

10/23/06
Date

p 8539

10/25/10

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is help w/ fresh fruits & veggies.

What I like least about the proposed
changes is that it is the same allowed
amount for the category. we should have a
bigger larger amount.

Thank you for reading my comments.

Sincerely,

Angie Blewett
WIC Participant

10-25/10
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is help w/ fresh fruits & veggies.

What I like least about the proposed
changes is that it is the same allowed
amount for the category, we should have a
bigger larger amount.

Thank you for reading my comments.

Sincerely,

Quene Blewett
WIC Participant

10.25/10
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fresh fruits & vegetables.

What I like least about the proposed
changes is same amount.

Thank you for reading my comments.

Sincerely,

Valerie Thier
WIC Participant

10/25/14
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fresh fruits & vegetables.

What I like least about the proposed
changes is same amount.

Thank you for reading my comments.

Sincerely,

Valerie Thier
WIC Participant

10/25/14
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Fresh Fruits & Vegetables
_____.

What I like least about the proposed
changes is less Cheese & milk
_____.

Thank you for reading my comments.

Sincerely,

Brenda Hogg
WIC Participant

10/25/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

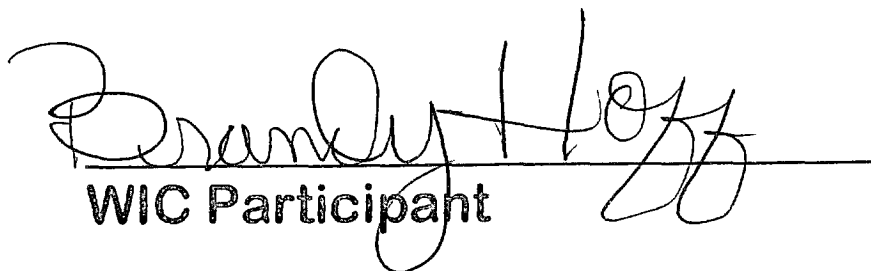
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Fresh Fruits & Vegetables

What I like least about the proposed
changes is Less Cheese & Milk

Thank you for reading my comments.

Sincerely,


WIC Participant

10/25/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is includes fresh produce + bread
_____.

What I like least about the proposed
changes is less of the things I use
the most. I would rather not change

Thank you for reading my comments.

Sincerely,

Suzanne Lajaret
WIC Participant

10-25-06
Date

p 8542

10-25-06

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is includes fresh produce + bread
_____.

What I like least about the proposed
changes is less of the things I use
the most. I would rather not change

Thank you for reading my comments.

Sincerely,

Suzanne LaJore
WIC Participant

10-25-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is _____.

More Choices

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

S. Faulkner

WIC Participant

10-25-06

Date

p 8543

NOV 1, 2010

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is _____.

More Choices

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

Sharon Kiner

WIC Participant

10-25-06

Date

p8544

NOV 5

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is

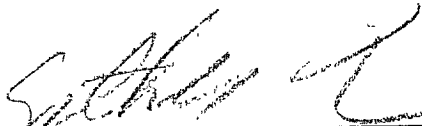
Variety you get

What I like least about the proposed
changes is

2% milk only for toddlers / vegetables
how will it be broken down for infants under 1 year old
All at once.

Thank you for reading my comments.

Sincerely,



WIC Participant

10-26-06

Date

p8544

10-26-06

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is

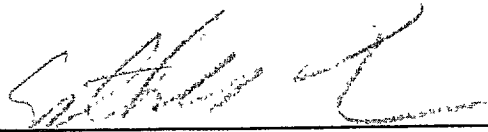
Variety you get

What I like least about the proposed
changes is

2-3 milk only in portion / veggies
how w/ it be eaten down 40 minutes / week
AK At once.

Thank you for reading my comments.

Sincerely,



WIC Participant

10-26-06

Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is adding fruits & veggies.

What I like least about the proposed
changes is decreasing milk amounts.

Thank you for reading my comments.

Sincerely,

Koral Moon
WIC Participant

10/26/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is adding fruits & veggies.

What I like least about the proposed
changes is decreasing milk amounts.

Thank you for reading my comments.

Sincerely,

Koral Moon
WIC Participant

10/26/06
Date

p 8546

NOV 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is IF you would give us
the whole grains and fruits and veggies.

What I like least about the proposed
changes is Don't take what we are ready
get. Most families need it all and more
milks and cereals help us all so much.
Thank you for reading my comments.

Sincerely,

Angel B. Massey
WIC Participant

10-26-06
Date

p 8546

NOV 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is IF you would give us
the whole grains and fruits and veggies.

What I like least about the proposed
changes is Don't take what we are ready
get. Most families need it all and more
milks and cereals help us all so much.
Thank you for reading my comments.

Sincerely,

Angela B. Massey
WIC Participant

10-26-06
Date

p 8547

NOV 11 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is

*that they want to add soy
my daughter can't have milk or lactaid so
that would be very good for my family*

What I like least about the proposed
changes is _____

Thank you for reading my comments.

Sincerely,

Alphonse Mckay

WIC Participant

10-31-06

Date

p 8547

NOV 06

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that they want to add soy
My daughter can't have milk or lactaid so
that would be very good for my family

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

Alphonse Maloney
WIC Participant

10-31-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is More whole grains.

What I like least about the proposed
changes is Less milk & milk

products.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-20-06
Date

~~Dear Friends at US Department of~~
Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

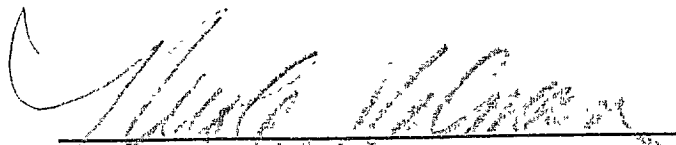
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is More whole grains.

What I like least about the proposed changes is Less milk & milk products.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-20-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits + vegetables

What I like least about the proposed
changes is less cheese

Thank you for reading my comments.

Sincerely,

Rachael Heath

WIC Participant

10-18-10

Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits + vegetables

What I like least about the proposed
changes is less cheese

Thank you for reading my comments.

Sincerely,

Raechel Alcott

WIC Participant

10-18-06

Date

p 8558

11/10/10

**Dear Friends at US Department of
Agriculture,**

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is adding more fruits and vegetables
to the WIC checks.

What I like least about the proposed
changes is there will be nothing
new in some items.

Thank you for reading my comments.

Sincerely,

WIC Participant

WIC Participant

11/10/10

Date

p 8558

NOV 10 2014

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that it is my responsibility

What I like least about the proposed
changes is that it will be a big

Thank you for reading my comments.

Sincerely,

[Signature]

WIC Participant

[Signature]

Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is

that fruits and veggies are added
to the WIC checks.

What I like least about the proposed
changes is

that the WIC checks are not
increased to cover the additional costs
of the additional fruits and veggies.

Thank you for reading my comments.

Sincerely,

Wendy

WIC Participant

10/16/06

Date

p 8551

01/11/10

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that they are adding more fruits and vegetables to the WIC checks.

What I like least about the proposed
changes is that they are removing some of the other foods that are in the WIC checks.

Thank you for reading my comments.

Sincerely,

Maria F. [Signature]
WIC Participant

01/11/10
Date

p 8552

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.


Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is I think that the
change will be good for the
WIC food.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-18-06.
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.


Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is I think that the
change will to good for the
WIC food.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-18-06.
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is there are bread and vegetables
_____.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,

Mai See Xiong
WIC Participant

10/16/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is there are bread and vegetables
_____.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,

Mai See Xiong
WIC Participant

10/16/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.


Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is you get more of a variety
of things.

What I like least about the proposed
changes is nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

10-11-10

Date

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

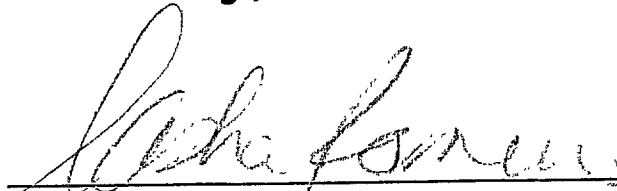
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is you get more of a variety of things.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-11-10
Date

p 8555

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Being able to buy fruits/
Veggies.

What I like least about the proposed
changes is Less milk.

Thank you for reading my comments.

Sincerely,

Sheri Quiroga
WIC Participant

10/16/06
Date

p 8555
Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Being able to buy fruits/
Veggies.

What I like least about the proposed
changes is Less milk.

Thank you for reading my comments.

Sincerely,

Sheri Quiroga
WIC Participant

10/16/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is I like the idea
of having the veggies.

What I like least about the proposed
changes is the different cereals

Thank you for reading my comments.

Sincerely,

L. J. Schaefer

WIC Participant

10/16/09
Date

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** I like the idea
of having the veggies.

**What I like least about the proposed
changes is** the different cereals.

Thank you for reading my comments.

Sincerely,

L. Francis Sedra

WIC Participant

10/16/10
Date

p 8557

NOV 13 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

X **Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** being able to have soy products
is great! also having whole grains and
fruits and veggies. GREAT Idea!
**What I like least about the proposed
changes is** _____

Thank you for reading my comments.

Sincerely,

Ashley Benz
WIC Participant

10/13/06
Date

p 8557

NOV 06 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

✓ Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is being able to have soy products
is great! also having whole grains and
fruits and veggies. GREAT Idea!
What I like least about the proposed
changes is _____

Thank you for reading my comments.

Sincerely,

Ashley Benz
WIC Participant

10/13/06
Date

p 8558 10/13/06

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is I like how they're trying
new foods, it definitely helps the family
to start eating healthier!!

What I like least about the proposed
changes is well probably the fish.
But for me it doesn't really matter
cuz I'm not pregnant but maybe for others
it will benefit them
Thank you for reading my comments.

Sincerely,

Jennifer A. Szari (16)
WIC Participant

10/13/06
Date

p 8558 NOV 13 2010

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** I like how they're trying
new foods, it definitely helps the family
to start eating healthier!!

**What I like least about the proposed
changes is** well probably the fish!
But for me it doesn't really matter
cuz I'm not pregnant, but maybe for others
it will benefit them!
Thank you for reading my comments.

Sincerely,

Jennifer A Szeki (11)
WIC Participant

10/13/04
Date

p 8559

NOV 1 2 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits and veggies

What I like least about the proposed
changes is if I had to choose it would
be less milk.

Thank you for reading my comments.

Sincerely,

Brandis Luthy
WIC Participant

10-13-06
Date

p 8559

NOV 16 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits and veggies

What I like least about the proposed
changes is IF I had to choose it would
be less milk.

Thank you for reading my comments.

Sincerely,

Brandie Luthy
WIC Participant

10-13-06
Date

p 8560

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is better for the child and
more variety.**

**What I like least about the proposed
changes is less amount.**

Thank you for reading my comments.

Sincerely,

CSNA NINE
WIC Participant

10-8-06
Date

p 8560

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is better for the child and
more variety.

What I like least about the proposed
changes is less amount.

Thank you for reading my comments.

Sincerely,

LENA NINE
WIC Participant

10-9-05
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more nutritious foods.

What I like least about the proposed
changes is nothing. I think the
changes are for the better.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-11-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.


What I like most about the proposed
changes is more nutritious foods.

What I like least about the proposed
changes is nothing. I think the
changes are all positive.

Thank you for reading my comments.

Sincerely,


WIC Participant


Date

p 8562

10/11/06

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is for pregnant women

What I like least about the proposed
changes is nothing

Thank you for reading my comments.

Sincerely,

[Signature]
WIC Participant

10/11/06
Date

p 8562

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** the apples and bananas

**What I like least about the proposed
changes is** nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

10/11/06
Date

p 8563

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** allow you to buy fruits/
veggies.

**What I like least about the proposed
changes is** decrease of milk & increase
of tuna & cut down on juice.

Thank you for reading my comments.

Sincerely,

Brandy Bursz
WIC Participant

10-11-06
Date

p 8563

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** allow you to buy fruits/
veggies.

**What I like least about the proposed
changes is** Decrease of milk & increase
of tuna & cut down on juice.

Thank you for reading my comments.

Sincerely,

Brandy Bering
WIC Participant

10-11-06
Date

p 8564

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is added fresh fruits & veggies
and whole grains.**

**What I like least about the proposed
changes is reduction of juice**

Thank you for reading my comments.

Sincerely,

Margaret Benedict
WIC Participant

10/11/06
Date

p 8564

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is added fresh fruits & veggies
and whole grains.**

**What I like least about the proposed
changes is reduction of juice.**

Thank you for reading my comments.

Sincerely,

Melissa Benedict
WIC Participant

10/11/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more things to get.

What I like least about the proposed
changes is less cheese and eggs.

Thank you for reading my comments.

Sincerely,

[Signature]

WIC Participant

10/11/05

Date

p 8565

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is More things to get.

What I like least about the proposed
changes is less cheese and eggs.

Thank you for reading my comments.

Sincerely,

[Signature]

WIC Participant

10/11/07

Date

p 8566

MC

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is it's healthier for my
family.

What I like least about the proposed
changes is No Eggs.

Thank you for reading my comments.

Sincerely,

Sandra Christensen
WIC Participant

10-11-06
Date

p 8566

10/11/06

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is it's healthier for my
family.

What I like least about the proposed
changes is No Eggs.

Thank you for reading my comments.

Sincerely,

Sarah Christensen
WIC Participant

10-11-06
Date

p 8567

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** variety of foods

**What I like least about the proposed
changes is** nothing

Thank you for reading my comments.

Sincerely,

Tracey Hill
WIC Participant

10-9-06
Date

p 8567

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is variety of foods.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,

Tracy Hill
WIC Participant

10-9-06
Date

p 8568

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits & veggies.

What I like least about the proposed
changes is there is no good quality/
oatmeal (its all instant).

Thank you for reading my comments.

Sincerely,

Yusea Vasquez
WIC Participant

10/17/06
Date

p8569

NOV 02 2016

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Back Choice more
Fruits and Vegetables, whole grains

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,

Mary Biss
WIC Participant

10/19/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is More fruits (whole) and veggies. The
natural vitamins from the foods we eat are
better for our children's health and well
being.

What I like least about the proposed
changes is I think the change is positive.
and highly support it!

Thank you for reading my comments.

Sincerely,

Amber L. Hawker 10/18/06

WIC Participant

Date

NOV 02 2011

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more nutritious food
better nutrition.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,

Natasha Gonzales
WIC Participant

10/18/11
Date

NOV 02 2008

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Fresh fruit & Veggies
Tortillas and possibly Rice.

What I like least about the proposed
changes is Nothing.

Thank you for reading my comments.

Sincerely,

Nancy Schlager
WIC Participant

10-18-06
Date

NOV 02 2005

Queridos Amigos del Departamento de
Agricultura de Estados Unidos:

Les escribo para contarles lo que pienso
sobre la
propuesta de cambiar los alimentos de WIC.

Gracias por añadir frutas y verduras a los
cheques de WIC! Será un placer poder
elegir alimentos más frescos y nutritivos
para mi familia.

Lo que más me gusta sobre los cambios
propuestos es

Variedad of Fruits and vegetables

Lo que menos me gusta sobre los cambios
propuestos es

Gracias por leer mis comentarios.

Atentamente,

Leticia Serrano

Participante de WIC

P8574

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Vegitables, bread & tortillas
and the Chard & Tofu!

What I like least about the proposed
changes is They cut the amount of eggs

Thank you for reading my comments.

Sincerely,

Wendy O'Neil
WIC Participant

10-16-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is I love the idea of adding
fruits + veggies to the Voucher Choices.

What I like least about the proposed
changes is I like receiving the juices for my kids
_____.

Thank you for reading my comments.

Sincerely,

Christa Lincley
WIC Participant

10-12-06
Date